We are a group of educators and specialists in web design constructing a multimedia educational platform on the internet devoted to the topic of human happiness. This multimedia platform provides educators, students, and the general public with free access to clear, concise, information on the history and scientific study of human happiness, positive psychology and mental well-being in general. The website will include a broad variety of audiovisual media as well as text, to bring historical and scientific views on happiness to life. We are particularly interested in providing science-based information on the skills needed to build resilience against depression and pursue a meaningful life.

**Website components**

The website has two main components:

1) The “History of Happiness” presents the views of major thinkers who have focused on the topic, from the worlds of philosophy and psychology. Each module will have introductory, intermediate and advanced content on a particular thinker.

2) “The Science of Happiness” which is based on a broad-ranging analysis of recent studies and data on mental well-being, presents key areas of consensus on variables that directly affect our happiness. The areas of consensus that are emerging include social engagement ([communicating](http://www.pursuit-of-happiness.org/science-of-happiness/communicating/)), civic engagement ([caring](http://www.pursuit-of-happiness.org/science-of-happiness/caring/)), [spiritual engagement](http://www.pursuit-of-happiness.org/science-of-happiness/spiritual-engagement/), personal [strengths and virtues](http://www.pursuit-of-happiness.org/science-of-happiness/strengths-and-virtues/), [positive attitudes](http://www.pursuit-of-happiness.org/science-of-happiness/positive-thinking) and regular [physical exercise](http://www.pursuit-of-happiness.org/science-of-happiness/exercise/).

**Multimedia modules and mini-lessons**

Following numerous inquiries and suggestions from secondary school teachers we are drawing up mini-lesson plans that will show how the modules can be easily integrated into various components of school curricula.

Each Module represents a major figure in the History of Happiness or a major finding in the Science of Happiness. After we transform the website into a multimedia educational platform; within the modules introductory and intermediate content will contain videos, mini-lessons, activities and handouts (all available as PDF or video downloads). This web-based format allows teachers to readily present information entirely online via internet projection, smartboards and direct access, reducing costs by removing the need for additional textbooks, workbooks or materials.

Direct Links to mini lessons and other teaching resources presented at ACToP:

<http://www.pursuit-of-happiness.org/teaching-resources/>

<http://www.pursuit-of-happiness.org/2010/11/mini-lesson-outline/>

<http://www.pursuit-of-happiness.org/2011/03/science-of-well-being/>

<http://www.pursuit-of-happiness.org/2010/11/socrates-on-happiness/>